



# **HealthQuest Wellness Champion Network Monthly Webinar**

Thursday, November 13 at 11:00-11:45am

**Toll-free call in number: 1-800-391-9177**

**Conference Code: 450 521 2393#**

**Sign in with full name of all attendees**

**Press \*6 to mute/unmute your line or**

**Mute your personal line**

**Please check the volume on your phone**

## **Agenda**

- **Welcome New Champions!**
- **10 Vital Behaviors of a Self Leader**
  - Recap by Jack Bastable
- **Survey – Wanted: Your Feedback!**
- **HealthQuest Reminders**
- **Maintain Don't Gain is Here!! – Our 1<sup>st</sup> Challenge of the NEW Program Year**
- **Great American SmokeOut – November 20<sup>th</sup>**

## Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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HealthQuest  
Wellness Champion Network



*10 Vital Behaviors of a Self-Leader*



## THE FIVE LEVELS OF LEADERSHIP

### 5. PERSONHOOD - The Level of RESPECT

People follow because of who you are and what you represent. Your VALUES.

**NOTE:** This step is reserved for leaders who have spent years growing people and organizations. Just a Few make it to this level. Those who do are BIGGER THAN LIFE.

### 4. PEOPLE DEVELOPMENT - The Level of REPRODUCTION

People follow because of what you have done for THEM. What's in it for THEM.

**NOTE:** This is where long-range growth occurs. Your commitment to developing leaders will ensure ongoing growth to the organization and to people. Do whatever you can to achieve and stay on this level.

### 3. PRODUCTION - The Level of RESULTS

People follow because of what you have done for the organization. Accomplishments.

**NOTE:** This is where success is sensed by most people. They like you and what you are doing. Problems are fixed with very little effort because of momentum.

### 2. PERMISSION - The Level of RELATIONSHIPS

People follow because they want to follow YOU. They BELIEVE in You. They TRUST You.

They DON'T Have to, but they WANT to Follow You.

**NOTE:** People will follow you beyond your stated authority. This level allows work to be fun.

### 1. POSITION - The Level of RIGHTS

People follow because they HAVE TO. You have POSITIONAL Leadership. You are the Boss.

They don't have a choice. They HAVE TO follow, whether they want your leadership or not.

**NOTE:** Your influence will not extend beyond the lines of your job description. The longer you stay here, the higher the turnover and the lower the morale.

by John Maxwell

**#1 Self-Leaders understand and take responsibility for their personal health, energy management, living their values, how urgency interferes with prioritization, and the need for preparation and practice to cultivate success.**

#### Some Resources to consider:

Life Assessment Quiz [www.thecompoundeffect.com](http://www.thecompoundeffect.com) click on "Take the Quiz"

[www.mindtools.com](http://www.mindtools.com) – explore the tool kit (stress management)

[www.hpoinstitute.com](http://www.hpoinstitute.com) – assessment tools (free energy profile)

## #2 Self-Leaders have a written purpose or mission statement, based on their set of defined personal values, along with a life-career development plan.

They view the "ladder of success" realistically and more of as a "climbing wall"

They understand opportunities are not always clear,  
often they must be found or created and the path may  
not be straight OR without risk—but passivity isn't  
an option

They recognize networking as one of their most important professional development habits

### Resources:

[www.franklincovey.com/msb](http://www.franklincovey.com/msb)

<http://thinksimplenow.com/happiness/life-on-purpose-15-questions-to-discover-your-personal-mission/>



Kiersten Essenpreis



## #3 Self-Leaders know their strengths and how they can utilize them in their work and life.

Identify their personal strengths

Seek ways to utilize their strengths in or out of their work life

### Resource:

Strength Finders 2.0, Tom Rath



## **#4 Self-Leaders exercise daily gratitude, leading to resiliency, positivity, better health and enhanced relationships.**

They understand the science of gratitude and its influence over both mindset and actions.

### **Resources:**

Study the 31 Benefits of Gratitude

<http://happierhuman.com/benefits-of-gratitude>

Flourish, Martin Seligman



## **#5 A Self-Leader has a financial plan, regardless of income or age.**

Budgeting

Long term savings

Understand the power of compounded interest

### **Resources:**

Dave Ramsey

LiveVest

Good Moneying

<http://goodmoneying.com/financial-planning/are-you-working-towards-your-financial-freedom#sthash.U0cuQnc8.dpbs>



## **#6 Self-Leaders engage in intentional, meaningful relationships at work and at home.**

The best things happen at the intersection of two people

The emotions of our friends affect us, and our emotions affect those around us

Social connections influence our behaviors, habits and healthy – positively and negatively

### **Resource:**

Emotional Intelligence, Tom Rath



## **#7 Self-Leaders consider food as an energy foundation and a healing source and considers their long-term vision when making nutrition decisions.**

They have learned the skills to shop for, choose and prepare highly nutritious food options, based on their personal nutritional requirements.

They resist quick, unhealthy choices.

They manage stress and energy levels by never sitting more than 45 minutes at a time and keep healthy metabolism by eating often, never going more than four hours without nutrition.

### **Resources:**

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.cspinet.org](http://www.cspinet.org)

[www.heart.org](http://www.heart.org) (click "Getting Healthy" and "Nutrition Center")



## **#8 Self-Leaders build periodic physical activity and recovery into their work day to maintain energy throughout the day and evening.**

Understand how daily activity impacts their productivity and energy

Have developed skills for moving during the day, never sitting more than 45 minutes at a time

Take advantage of activity and asks “How could I be more active?”

Develops and maintain proper sleep habits

### **Resources:**

[www.sparkinglife.org](http://www.sparkinglife.org) – SPARK, by John Ratey

[www.mapmyrun.com](http://www.mapmyrun.com)

Google search on “5-minute fitness” = 187,000,000 results



## **#9 Self-Leaders understand and follow evidence-based practices to stay healthy and make informed health-care decisions.**

Maintain biometric and fitness levels a healthy range through lifestyle and medication adherence

Are informed patients and view their health care providers as consultants and advisors

Have a broad-based team of providers including: medical, pharmacy, complementary care (massage, physical therapy, acupuncture, chiropractic, etc.)

### **Resource:**

<http://nih.gov/clearcommunications/talktoyourdoctor.htm>



## #10 Self-Leaders have developed a growth mindset to seek opportunities for continual learning to enhance each domain of their wellbeing.

Develop a growth mindset vs. fixed mindset  
 Continually invest in self development  
 Embrace Change  
 Have a mentor(s) and become mentor(s)  
 Study the values of other cultures  
 Not afraid to **fail – fast** and often as a confidence builder

### Resources:

TED Talks <http://www.ted.com>  
 EdX <https://edx.org>  
 Coursera <https://www.coursera.org>  
 Kahn Academy <https://www.khanacademy.org/>



## Wanted: Your Feedback!

- What should we do next?
- You get to help decide!
- Early next week, I will send out a SurveyMonkey brief survey – only 5 questions!
- This is your opportunity to give input into our next Leadership Series, launching with Jack in 2015.
- Don't delay completing this: Surveys are due back Wednesday, November 26<sup>th</sup>, 2014.





## HealthQuest Program Extension

There's more time to earn the rewards of good health!  
The end date for the HealthQuest program is  
extended to November 15, 2014.

The next HealthQuest program year will be:

**November 16, 2014 – November 15, 2015**

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Earning **\$480**  
is as easy as...

- 1 Complete Biometric Screening
- 2 Complete the Health Assessment Questionnaire (required)
- 3 Earn 20 additional credits

Choose from a wide menu of options to earn your credits! HealthQuest offers many choices so you can participate in the program and activities that are best for you.

HealthQuest Activities	Credit Value	Credit Max
○ Health Assessment Questionnaire – Required (online/paper)	10	10
○ Lifestyle Coaching – 6 Interactions + Survey (telephonic, email)	10	10
○ Tobacco Cessation Program Completion (telephonic)	10	10
○ Condition Management – Enrollment + 3 Calls (telephonic)	10	10
○ Health Advisor Call (telephonic)	5	5
○ Virtual Coaching (online)	5	15
○ Non-Tobacco User Declaration (online)	5	5
○ Wellness Challenges (online)	5	20
○ Preventive Exam – Well Woman/Well Man (in person, self-reported)	5	5
○ Preventive Exam – 2 Dental/Year (in person, self-reported)	5	10
○ Preventive Exam – 1 Vision/Year (in person, self-reported)	5	5
○ Agency Training Classes (in person, self-reported)	3	6
○ Agency Wellness Programs (in person, self-reported)	5	10
○ Monthly Seminars (online)	1	3
○ Conversations (online)	1	3
○ Health & Fitness Activities (in person, online, telephonic/self-reported)	1	3
○ Blood Pressure Less Than 120/80	2	2
○ Total Cholesterol Less Than 200	2	2
○ Glucose Less Than 100	2	2
○ Kansas Financial Learning Center Modules	1	5
○ Register for Castlight Health	3	3
○ Castlight Health – Complete Quiz and Video	2	2

Total Credits Possible - 146 | Total Credits Required - 30

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## NEW PROGRAM & 1<sup>ST</sup> CHALLENGE INFO.

- Program Launch Materials mailing out Monday, November 17<sup>th</sup>
- E-mail going out Tuesday, November 18<sup>th</sup>
- “Maintain Don’t Gain” Challenge (November 20<sup>th</sup> – December 31<sup>st</sup>, 2014)
- Challenge invite going out Thursday, November 20<sup>th</sup>



## MAINTAIN DON'T GAIN CHALLENGE FLYER

# Maintain Don't Gain CHALLENGE

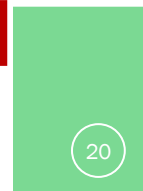
November 20<sup>th</sup> – December 31<sup>st</sup>, 2014

Maintaining your body weight during the holiday season can be difficult. This challenge will encourage behaviors that support weight management by promoting healthy eating, regular physical activity, and a balanced consumption of treat foods and alcoholic/sugary beverages. These habits are supportive of maintaining weight while celebrating a healthy holiday season!

Goal: 145 points  
Earn 5 Credits  
Last Day to Enter Points: 1/7/15

Earn 1 point per activity per day by completing the following activities:

1. EXERCISE 30 MINUTES OR MORE
2. EAT A HEALTHY BREAKFAST
3. EAT A HEALTHY LUNCH
4. LIMIT TREAT FOODS TO 1 SERVING OR LESS
5. LIMIT ALCOHOLIC/SUGARY BEVERAGES TO 1 SERVING OR LESS
- BONUS! WEIGH YOURSELF  
Earn 1 bonus point per week for weighing yourself. Track your activity points on Mondays.



## **GREAT AMERICAN SMOKEOUT** **NOVEMBER 20<sup>TH</sup>!**

Quitting tobacco may feel like a never-ending cycle, but this November 20 you have a reason to quit for good. The American Cancer Society's Great American Smokeout® is a chance to quit for a day - and then a lifetime. When you call or enroll online, a Quit Coach® staff member will work with you to change your behaviors and support you to become tobacco free. You may even qualify for free nicotine replacement therapy, such as patch or gum.

**1.866.QUIT.4.LIFE | [www.quitnow.net](http://www.quitnow.net)**  
(1.866.784.8454)



**Quit For Life®** Program

The Quit For Life® Program is brought to you by the American Cancer Society and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 2 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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## Thank You for Attending Today!

**Next Meeting is Thursday December 11, 11:00-11:45am**

**Secret Question:**

**Open Questions / Comments**



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